

April 2019



Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

Benefits of Volunteering

Volunteering has many benefits for seniors. Volunteering can come in many different forms. Those who volunteer can be as involved as interested as well as working the schedule that fits their lifestyle the best.

Volunteering can help prevent or improve depression in seniors. Volunteering gives seniors the opportunity to have a schedule, be involved in a program that they are passionate about, and opportunities to socialize with others. Volunteering can lead to multi-generational experiences. Multi-generational opportunities allow seniors to learn about new technology and new trends and can give the younger generations advice while making lasting memories. Many seniors have found that volunteering is good for mental health because you are doing something that is meaningful and productive.

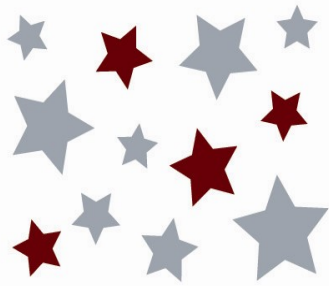
Seniors who volunteer are also involved in more physical activity. Some volunteer opportunities can be sporting events or being a companion to others. Being a companion may require taking someone grocery shopping, going for walks, helping someone around the house with light housework or meal preparation.

Volunteering can come in many forms, from small to large tasks, such as: making phone calls; organizing documents/paperwork; sitting with someone for companionship; and completing tasks for others who are unable to complete on their own. Volunteering should be something you enjoy doing.

National Volunteer Week is April 7-13, 2019. If you know of a volunteer, please take a moment to thank them for their service. If you are interested in becoming a volunteer, think about areas that you are passionate about and contact agencies that provide services in those areas. Volunteering does make a difference in others and communities.

VOLUNTEER
you can make a difference!





NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

Get Involved in National Healthcare Decisions Day -- April 16

More than 90 percent of people think that it is important to have conversations about end-of-life care with their loved ones, yet less than 30 percent have done so. Similarly, 70 percent of people say they want to die at home, but in reality, 70 percent die in hospitals or institutions. Planning your final days is never easy, but it's an invaluable gift to give your loved ones. These discussions can be among the richest and most intimate that friends and family share. Studies show that when there is a meaningful conversation about end-of-life choices, survivors report feeling less guilt and less depression, and having an easier process of grieving.

The Kentucky Department for Aging and Independent Living, along with other national, state and community organizations, is leading a massive effort to highlight the importance of advance healthcare decision-making—an effort that has culminated in the formal designation of April 16 as National Healthcare Decisions Day (NHDD). DAIL is working with the Area Agencies on Aging and Independent Living to help raise awareness about the importance of advance care planning on this special day—and throughout the year. The AAAIL will be planning events at the local level to help seniors make their healthcare decisions formal. To find out more about making end of life decision, contact your AAAIL or senior center.

References:

<https://seniorcommunity.org/five-benefits-volunteering-retirement/>

<https://ww2.pointsoflight.org/nvw>

<https://www.nhdd.org/>

<https://www.aarp.org/caregiving/life-balance/info-2017/talk-end-of-life-care.html>

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<https://chfs.ky.gov/agencies/dail/Pages/nutrition.aspx>